

Fliving well are smart July 2022

Virtual Nutrition **Events**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group In Kid Activity Demo		FREE Virtual Nu Led by registered offer fun & educt for the who For full event descrip visit www.bigy.com/L	trition Events! Id dietitians, we ational events ble family. btions & to register, ivingWell/GetSocial	1	2
4	5	Choosing and Storing Fresh Produce 10:00 – 11:00 AM Kids Get Cooking Summer Camp: Week 1 Whole Grain Baking with Blueberry Breakfast Bars 10:30 – 11:30 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM	Living with Diabetes 1:00 – 2:00 PM Eating Behavior Management Series 4:00 – 5:00 PM	Eat for Mental Health 11:00 AM - 12:00 PM	9
Road Trip Snack Essentials 1:00 – 1:30 PM	Reducing Inflammation 10:00 – 11:00 AM Kids Get Cooking Summer Camp Week 2: Intro to Cutting Skills with Fun Fruit Pizzas 10:30 – 11:15 AM Living with Diabetes 7:30 – 8:30 PM	Nutrition to Support Brain Health 10:00 – 11:00 AM	Eating for Healthy Skin 3:00 – 4:00 PM Nutrition to Support Brain Health 4:00 – 5:00 PM Let's Get Cooking 101 – Air Fryer Fun 6:00 – 7:00 PM	Fighting Inflation at the Checkout 11:00 AM – 12:00 PM	<i>16</i>
Low Sodium Sauces and Dressings 12:30 – 1:15 PM	Let's Get Cooking 101 - Make Your Own Salad Dressing 11:00 – 11:45 AM	Kids Get Cooking Summer Camp Week 3: Mastering Measuring with Zucchini Muffins 10:30 – 11:15 AM Reducing Inflammation with Nutrition 6:00 – 7:00 PM	Mindful Eating 11:00 AM – 12:00 PM Eating Behavior Management Series 4:00 – 5:00 PM Navigating Summer Cookouts with Diabetes 6:00 – 7:00 PM	Road Trip 22 Snack Essentials 11:00 – 11:30 AM	23
Sugars & Sweeteners 2:00 – 3:00 PM	Kids Get Cooking 26 Summer Camp Week 4: Discovering Active Play & Refueling Snacks with Make-Your-Own Smoothies 10:30 — 11:15 AM Low Sodium Sauces and Dressings 3:00 — 3:45 PM Eating Behavior Management Series	Mindful Eating 5:00 – 6:00 PM Eating for Healthy Skin 7:00 – 8:00 PM	Heart-Healthy Cooking Tips 4:00 – 5:00 PM Let's Get Cooking 101 – Cool Summer Soups 6:00 – 7:00 PM	Eating What's in Season for Late Summer 11:00 AM — 12:00 PM	30
	Road Trip Snack Essentials 1:00 – 1:30 PM Low Sodium Sauces and Dressings 12:30 – 1:15 PM	Road Trip Snack Essentials 1:00 – 1:30 PM Low Sodium Sauces and Dressings 12:30 – 1:15 PM Low Sodium Sugars & Sweeteners 2:00 – 3:00 PM Reducing Inflammation with Nutrition 10:00 – 11:00 AM Kids Get Cooking Skills with Fun Fruit Pizzas 10:30 – 11:15 AM Living with Diabetes 7:30 – 8:30 PM Let's Get Cooking 101 Make Your Own Salad Dressing 11:00 – 11:45 AM Low Sodium Sauces and Dressing 11:00 – 11:45 AM Low Sodium Sauces and Dressing 11:00 – 11:15 AM Low Sodium Sauces and Dressings 3:00 – 3:45 PM	Learn something FREE Virtual Nu Led by registered offer fun & educe for the who for full event description or Scan this Choosing and Storing Fresh Produce 10:00 – 11:00 AM Kids Get Cooking Summer Camp: Week 1 Whole Grain Baking with Blueberry Breakfast Bars 10:30 – 11:30 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM Road Trip Snack With Mutrition 10:00 – 11:00 AM Fighting Measuring With Purp Fire Inflation 10:00 – 11:00 AM Inflatio	Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitions, we offer fun & educational events for the whole family. For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial or Scan this QR Code. Choosing and Storing Fresh Produce 10:00 – 11:00 AM Kids Get Cooking 10 – 2:00 PM Road Trip Snack Essentials 1:00 – 11:00 PM Road Trip Snack Essentials 1:00 – 11:00 PM Rids Get Cooking Meek 2: Intro to Cutting Skills with Fun Fruit Pizzas 10:30 – 11:15 AM Living with Diabetes 10:00 – 11:00 AM Living with Diabetes 10:00 – 11:00 AM Living with Diabetes 10:00 – 11:00 AM Let's Get Cooking 101 – Air Fryer Fun Good Trip Sauces and Dressings 11:00 – 11:45 AM Living with Diabetes 10:00 – 11:00 AM Let's Get Cooking 101 – Air Fryer Fun Good - 7:00 PM Low Sodium Sauces and Dressings 11:00 – 11:45 AM Living with Diabetes 10:00 – 7:00 PM Low Sodium Sodium Souces with Multrition Good - 7:00 PM Low Sodium Souces and Dressings 10:00 – 11:15 AM Living Cooking 101 – Make Your Own Sondine 11:00 AM – 12:00 PM Souces and Dressings 10:00 – 7:00 PM Low Sodium Souces and Dressings 10:00 – 7:00 PM Let's Get Cooking 101 – Make Your Own Sondine 10:00 – 7:00 PM Reducing Inflammation 10:00 – 7:00 PM Reducing Inflamma	Learn something new with our FREE Virtual Nutrition Events Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, visit www.bigy.com/Living/Well/GetSocial or Scan this GR Code. Choosing and Soring Fresh Produce 10:00 – 11:00 AM Rids & et Cooking 10:00 – 11:00 AM Fighting Inflation at the Checkout 10:00 – 11:00 AM Rids & et Cooking 10:00 – 11:00 AM Rids & et